I am confident in my ability to modify my diet.

I am resolute in my goal to be healthier. I know my diet largely determines my health, so I am changing my diet habits for the better. I am focused on making this diet change a permanent addition to my life. My old diet habits are over. My new diet habits are healthier and smarter.

I make wise choices each time I face a snack or meal. I select the best foods for my body to keep it healthy. I pick out items that give me strength and energy.

I am changing my diet to stay in good physical and mental shape. My choices matter, so I am learning to avoid temptation and focus on healthier alternatives like fruits and vegetables. I understand food is fuel, and junk food is an item that is no longer on my approved snacking list.

My friends and family recognize I am making a serious change in my diet to stay healthy. They are supporting me throughout the process and giving me useful suggestions.

My diet affects how I feel, think, and move. I am confident in my abilities to make the necessary adjustments to the foods I eat.

Today, I intend to focus on changing my diet for better health.

Self-Reflection Questions:

1. How can I help my family understand the importance of my diet?
2. How can I convince coworkers to join me in changing their diet habits?
3. How can I ignore my old diet habits and stay focused on my new goals?